

BEE WELL

Thomas County Wellness Newsletter

January 2024

Vol. 45

Happy
New
Year!



IN THIS ISSUE

District Wellness

Cafeteria Conversations

Harvest of the Month

Monthly Health Observances

SHBP Wellness Challenge

*"Darkness cannot drive out darkness, only light can do that.
Hate cannot drive out hate,
only love can do that."*

— Dr. Martin Luther King Jr.

DISTRICT WELLNESS

Self-Care Challenge Winners

In December, our district wellness challenge focused on “self-care” with an aim to reduce the stress that can accompany us through the holiday season. Thank you to everyone that participated in the challenge and to those that completed the 12 Days of Self-Care Bingo cards. You did a great job finding ways to take care of yourself and de-stress during the holidays! The winners of our 2 Self-Care Cheer Baskets were Ashley Sowell (not pictured) from TCCHS and Allycyn Dukes from TCMS.

WINNER

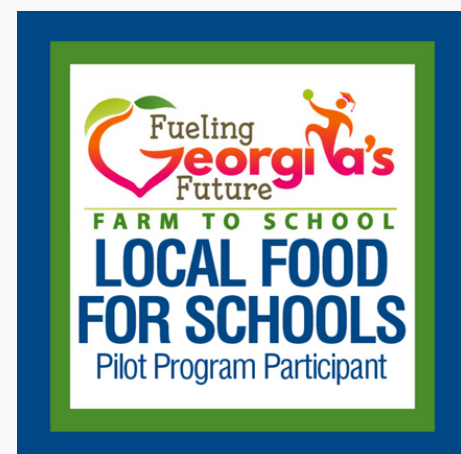


CAFETERIA CONVERSATIONS

Local Food for Schools

Our district is participating in the Local Food for Schools (LFS) pilot program. This program aims to integrate Georgia grown foods into school meals served in Georgia. Our School Nutrition team is working to partner with local farmers and distributors in Georgia to procure locally grown foods. Thus far this year we have partnered with the following farmers to receive the following foods:

- **Dukes Farms**, Quitman, GA- lettuce
- **Merrell Farm**, Vienna, GA- collards
- **Sweet Grass Dairy**, Thomasville, GA- cheese
- **Sweet Georgia Fuyu Persimmons**, Glennville, GA- persimmons
- **Stanaland Citrus**, Thomasville, GA- Shiranui mandarins
- **Corbett Brother Farms: Besties**, Lake Park, GA- satsumas



****If know a local farmer interested in participating in the Local Food for Schools program, please have them reach out to Jeana Smith (School Nutrition Director) by email at jeana.smith@tcjackets.net or by phone at 229-584-9139.**

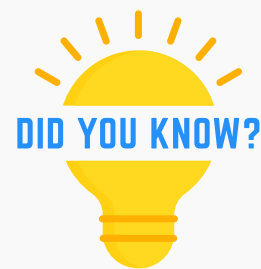
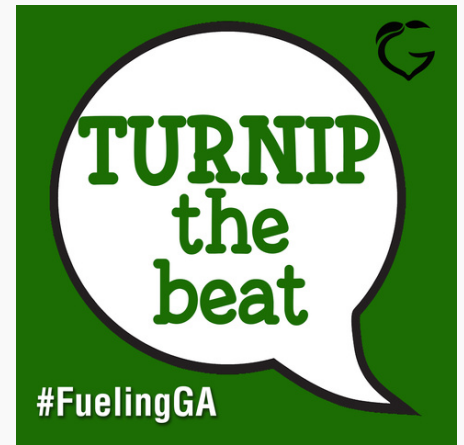
The pictures below are TCMS students enjoying Mr. Stanaland's Shiranui mandarins.



HARVEST OF THE MONTH

The Harvest of the Month for January is Greens! It's a southern tradition to eat greens on New Years Day to bring about good luck and prosperity, particularly financial prosperity, during the new year. Like all of our harvest of the month foods, greens are full of nutrients. Collard greens, which we feature on our school lunch menus, are good sources of Vitamin C, Vitamin K, Vitamin A, folate and potassium. Like other non-starchy vegetables, greens are low in calories with 1/2 cup of cooked collard greens only containing ~22 calories. Greens are also good sources of fiber and naturally contain zero fat or cholesterol.

- For facts and information on greens, click [here](#).
- For a food based learning lesson with greens, click [here](#).



Georgia is the
2nd top
producing state
for collard
greens.



Mustard Green Pesto

a recipe from Georgia School Nutrition Division

MAKES: 1 cup PREP TIME: 20 min CATEGORY: Condiment

Ingredients:	Steps:
5 Cups Fresh Georgia mustard greens, washed and chopped	1. Combine first six ingredients into a food processor or blender.
¼ Cup Parmesan Cheese, shredded	2. Pulse/mix until desired consistency is reached. You may need to add additional oil or water to reach desired consistency.
½ Cup Olive oil	3. Add salt & pepper to taste.
¼ Cup Pecans, chopped	4. Refrigerate until ready to serve.
2 Garlic cloves, chopped	
1 Tbsp Lemon juice	
½ tsp Black pepper	
½ tsp Salt	

SERVING SUGGESTIONS: Enjoy with chips as a dip, use as a marinade for meat or fish, or add to a favorite pasta dish.

CLICK ON THE PICTURES BELOW FOR OTHER RECIPES FEATURING GREENS

Turnips with Mustard Greens and Cornmeal Dumplings



Banana Orange Collard Green Smoothie



Collard Green Cornbread Muffins



MONTHLY OBSERVANCES

National Law Enforcement Appreciation Day



National Law Enforcement Appreciation Day (L.E.A.D.) is observed on January 9th. This day was established to encourage citizens to show their appreciation for their local law enforcement. Law enforcement officers are dedicated public servants in our community and provide an essential, but often difficult service to all Americans. People can show their support of law enforcement on this day in a number of ways and here are just a few ideas of how to show your support.

- Wear blue clothes in support of law enforcement
 - “Thank” a police officer if or when you see them
 - Send a card of support to your local police station or agency
 - Give a card, hand written note or other token of appreciation to your school resource officer
 - Project Blue Light- proudly display a blue light in support of law enforcement
 - Share a story about a positive law enforcement experience with others or share on social media
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Hands on Thomas County Dr. Martin Luther King Service Days

Saturday, January 13th - Monday, January 15th 2024

Every year Hands on Thomas County aims to honor the legacy of Dr. Martin Luther King Jr. with a day (days) of service projects throughout the Thomas County communities that focus on hunger, poverty, education, housing and community improvement. This year some of the projects include a book drive, manna drop, faith walk, literacy fair, Crafts for a Cause and a MLK festival. To learn more about HOTC Dr. Martin Luther King Service Day or sign up to volunteer click [here](#).



Other January Observances

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| <ul style="list-style-type: none">• International Creativity Month• National Blood Donor Month• National Thank You Month• National Soup Month• National Poverty in America Awareness Month• National Skating Month• National Pizza Week (Jan.14th-20th)• Universal Letter Writing Week (Jan. 14th - 20th)• National Storytelling Week (Jan.30th - Feb 6th)• Elvis Presley's Birthday (January 8, 1935)• Law Enforcement Appreciation Day (Jan. 9th)• National Milk Day (Jan. 11th) | <ul style="list-style-type: none">• Alexander Hamilton's Birthday (January 11, 1757)• Orthodox New Year (Jan. 14th)• Local HOTC Dr. Martin Luther King Jr. Service Days (Jan. 13th-15th)• Martin Luther King Jr. & Civil Rights Day (Jan. 15th)• National Thesaurus Day (Jan. 18th)• National Popcorn Day (Jan. 19th)• Mozart's Birthday (January 27, 1756)• International Holocaust Remembrance Day (Jan. 27th)• National Lego Day (Jan. 28th)• National Puzzle Day (Jan. 29th)• National Hot Chocolate Day (Jan. 31st) |
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SHBP WELLNESS CHALLENGE



Steps Challenge

What better way to kick off your New Year's health resolutions than by completing a Steps Challenge?! In January, you can earn 40 points towards your SHBP Be Well incentive reward by participating and completing the SHBP Steps Challenge.

To earn the reward you have to track and log at least 7,000 steps for 21 days. You can track the steps you take each day by walking with a Smartwatch, app on a Smartphone, or pedometer. If you like to do activities other than walking, check out the step conversion chart to get credit for *all* the "steps" you take in a day.



What are
your fitness
goals?

Step conversion chart

There are lots of ways to get in your steps. When you choose an activity other than walking, check the chart below to see how many steps you've earned. Simply multiply the steps indicated on the chart by the number of minutes you were

active. For example, 30 minutes of mopping equals 3,180 steps. (30 minutes x 107). Clean floors AND active steps - now that's a win win.

Activity	Steps / min	Steps / 20 min	Activity	Steps / min	Steps / 20 min
Aerobics, high intensity	242	4,840	Dancing, fast	137	2,740
Aerobics, low intensity	106	2,120	Dancing, slow	91	1,820
Aerobics, water	121	2,420	Dodgeball	175	3,500
Badminton, game	212	4,240	Elliptical trainer	203	4,060
Badminton, recreational	136	2,720	Frisbee	91	1,820
Ballet dancing	120	2,400	Football, game	260	5,200
Billiards/pool	76	1,520	Football, leisurely	199	3,980
Body weight exercises (e.g. squats)	100	2,000	Gardening, heavy	152	3,040
Basketball, game	242	4,840	Gardening, moderate	121	2,420
Basketball, recreational	182	3,640	Golfing, walking, no cart	136	2,720
Bowling	91	1,820	Golfing, with a cart	107	2,140
Boxing, competitive, in a ring	222	4,440	Golfing, miniature or driving range	91	1,820
Boxing, non-competitive	131	2,620	Gymnastics	121	2,420
Canoeing, leisurely	121	2,420	Handball, game	348	6,960
Circuit training	178	3,560	HIIT (High Intensity Interval Training)	239	4,780
CrossFit™ fast	218	4,360	Hiking	172	3,440
CrossFit™ slow	143	2,860	Hockey, field & ice	240	4,800
Cycling, 14-16 mph, intense	304	6,080	Horseback riding, trotting	102	2,040
Cycling, 11-13 mph, moderate	242	4,840	Horseback riding, leisurely	31	620
Cycling, <10 mph, leisurely	121	2,420	Housework, vacuuming or mopping	107	2,140
Housework, cleaning, intense	121	2,420	Skating, cross-country, leisurely	114	2,280
Housework, cleaning, light	76	1,520	Skating, downhill	133	2,660
Hula hooping	90	1,800	Skating, water	174	3,480
Jumping rope, moderate/fast	244	4,880	Sledding	158	3,160
Jumping rope, leisurely	178	3,560	Snowboarding	150	3,000
Judo, karate	236	4,720	Snowshoeing	178	3,560
Kayaking	152	3,040	Snow shoveling	145	2,900
Kickball	212	4,240	Soccer, competitive	218	4,360
Kickboxing	290	5,800	Soccer, recreational	144	2,880
Miniature golf	91	1,820	Softball or baseball	152	3,040
Mowing lawn	160	3,200	Squash	348	6,960
P90X™	160	3,200	Stair climbing, upstairs	181	3,620
Paddle boarding	145	2,900	Stair climbing, downstairs	71	1,420
Pilates	91	1,820	Stair climbing machine	121	2,420
Ping pong	121	2,420	Swimming, leisure	133	2,660
Plyometrics	352	7,040	Swimming laps, intense	303	6,060
Racquetball, competitive	254	5,080	Swimming laps, moderate	212	4,240
Racquetball, leisurely	181	3,620	Tai Chi	40	800
Rock climbing, ascending	333	6,660	Tae Kwon Do	290	5,800
Rock climbing, rappelling	242	4,840	Tennis, singles	178	3,560
Rowing, intense	203	4,060	Tennis, doubles	102	2,040
Rowing, moderate	147	2,940	Trampoline	90	1,800
Rowing, leisurely	101	2,020	Volleyball, game	120	2,400
SilverSneakers™	116	2,320	Volleyball, leisurely	70	1,400
Sit-ups/push-ups/crunches	100	2,000	Washing the car	76	1,520
Skating, ice, moderate	147	2,440	Waterskiing/wakeboarding	145	2,900
Skating, ice, leisurely	84	1,680	Weightlifting	67	1,340
Skating, in-line	190	3,800	Wheelchair	101	2,020
Skating, roller-skating	156	3,120	Wrestling	145	2,900
Skating, cross-country, intense	256	5,120	Yoga	107	2,140
Skating, cross-country, moderate	164	3,280	Zumba™	181	3,620

**To take advantage of all that the Be Well SHBP® well-being program has to offer for eligible members, be sure to log in to your account. If you do not yet have an account, you can register here. Remember to complete the RealAge® Test 2024 to activate your account! Through this program, you can earn points that you can redeem for your choice of reward: a \$150 Sharecare Rewards Visa® Prepaid Card, or 480 well-being incentive credits that apply toward eligible medical or pharmacy expenses.

HAPPY NEW YEAR